



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

January 2, 2016

21 Teves 5776

Torah Portion:

Shemos: Genesis 1:1 – 6:1

Stone Chumash: pages 292 - 317

Haftorah:

Isaiah 27:6 – 28:13 & 29:22 - 23

Stone Chumash: pages 1146 - 1147

Candle Lighting ~ 4: 32 pm.

Shabbos Concludes ~ 5:36 pm

Our Generous Sponsors This Shabbos . . .

~ Thank you to Jackie and Dr. Craig Berkin for sponsoring our bulletin in observance of the 40th Yahrzeit of Dr. Harry L. Berkin.

Shabbat Shalom!

Erev Shabbos, Friday Night, January 1, 2016

- **Mincha & Ma'ariv** (4:25 pm)

Shabbos, Saturday, January 2, 2016

- **Shachris & Musaf** (9:00 am) ~ *Thank You for Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Ed Lyss**
 - Leyning: **Aryeh Needle**
 - Haftorah: **Bruce Waxman**
 - Drasha (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Louis Goldman**
- **Tefillah/Prayer Learners' Service** ~ (9:30 am) Led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Learners' Service** ~ (10:15 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Mincha, Shalosh Seudos, Maariv** ~ (4:15 pm)

SIMCHA!

MAZEL TOV ON YOUR SIMCHA! Avraham Smason, Nina Levine, Stanley Goldfader, Nancy Lisker, and Joel Manesberg. *Anniversaries: none this week.*

Show your friends you care ~ send a tribute. Shul: *Jeff Miller* 314-991-2100, ext. 2; Sisterhood: *Phyllis Silverman*, 314-434-2482; Libby Needle Fund: *Sally Needle*, 314-991-2575; Chesed Fund: Drop by the office for a Pack of Cards.

Shul News . . .

The Power of Tehillim ~

A new Facebook group has formed, led by **Rabbi Smason**. Thoughtful recitation of Tehillim (Psalms) has the power to change the world -- and to change us. This new group is for sharing thoughts or raising questions about anything related to Tehillim that is important and meaningful to you. To join, or for further information, contact Rabbi Smason in person, or at Pepshort613@gmail.com, or 314-991-2100 x1.

- **Sunday, January 10 ~ NHBZ's 110th Anniversary Banquet** ~ Featuring Honorees **Alan & Vivian Zarkowsky** and Woman of Valor **Julie Eisenberg**.
- **Shabbos, January 9 ~ Junior Congregation**, See flyer in this bulletin.
- **Shabbos, January 16 ~ Board Installation Shabbos**.

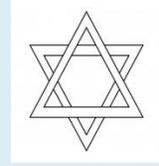
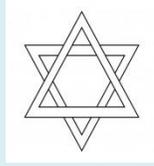
Please be sure to read Rabbi Smason's [Beyond Twelve Gates](#) in this Bulletin:

"Hello, 911? My Facebook is out!"

- **Shabbos, January 16 ~ Tot Shabbat**, See flyer in this bulletin
- **Shabbos, January 23 ~ Synaplex Shabbat & Lunch and Learn!** Speaker line up for the Synaplex: **"Want To Live Forever? Five Secrets To Immortality"** by Rabbi Smason – **"Crisis on Campus: Anti-Semitic Rhetoric at U.S. Colleges"** moderated by Richard Woolf with panelists: Chantelle Moghadam, President of the Students Supporting Israel at the University of Missouri, Daniel Swindell, Independent Journalist, and Stuart Klamen, Pro-Israel Community Activist, and **"Tu B'Shvat - Jewish Trees"** Led by Menachem Szus. Also, **Junior Congregation** at 10: am!
- **The NHBZ Women's Emergency Tehillim Circle** ~ The following women have made the commitment to be "on call" to say Tehillim for individuals whenever an **emergency** situation occurs at Nusach Hari B'nai Zion: **Julie Eisenberg**, Chairperson, **Debbie Barash**, **Shirley Bluestein**, **Marcie Brook**, **Linda Carton**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fizel**, **Rhonnie Goldfader**, **Rebecca Goldman**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magency**, **Marcela Morgensztern**, **Laura Rader**, **Nancy Rush**, **Mimi Sabol**, **Terri Schnitzer**, **Dr. Shayna Scribner**, **Debbie Sher**, **Phyllis Silverman**, **Margo Tzadok**, **Peggy Umansky**, and **Mindy Woolf**. We say the prayers at home. Please call **Julie Eisenberg**, 314-695-5615, or **Jeff Miller**, 314-991-2100, ext. 2., if you would like to participate. We will ask you to provide your phone number(s) and email address so we can get word to you as soon as an emergency arises.
IMPORTANT NOTE: This **NHBZ EMERGENCY Tehillim Circle** is separate from the ongoing Tehillim we are saying for some dear friends. Although some of the women listed above are part of both groups, the Emergency Circle truly stands "on call" and ready to act immediately, within the special circumstances of the Emergency element of this group. As soon as Rabbi Smason learns of a critical, **emergency situation in our shul**, he will alert Julie Eisenberg, give her the name of the person in crisis, and emails will go out immediately so we can begin saying Tehillim.

In The Community . . .

- **The Jewish Federation of St. Louis' Inclusion Initiative** invites individuals with disabilities and/or their families to participate in an online community survey. This survey will help collect data in order to prioritize the needs of individuals with disabilities and their families in the St. Louis Jewish community. The online survey is available at <https://www.surveymonkey.com/r/InclusionInitiative> and is open through February, 29, 2016
- **January 10 ~** The 9th Annual St. Louis Jewish Community Blood Drive will be held at Congregation Young Israel from 10:00 a.m. – 4:00 p.m. Each unit of blood can help save three lives!!! In conjunction with the blood drive, there will be a Harvey Kornblum Food Pantry Drive. Babysitting will be available.
- **January 19 ~** Tuesday at 1:30 P.M. Celebrate **"Jewish Arbor Day"** at Crown Center with a **Tu B'Shevat Seder** led by our own **Rabbi Ze'ev Smason**. All are invited.
- **Women's Community Tehillim Group** ~ the group meets at 9:15 a.m. on Sunday mornings, at the home of Jan Adelman, 8032 Amherst Ave, (314) 960-4050/863-5438. The Women's Tehillim Group meets each Sunday to say Tehillim in the *zechus* (merit) of a *refuah shelayma* (full & speedy recovery) for the *cholim* (the ill people) in our community. The Tehillim hotline for names and updates: 314-441-6460. If you have questions please call **Julie Eisenberg** at 314-494-8437.
- **A Call for Help from the Jewish Food Pantry** ~ The Jewish Food Pantry is in desperate need of volunteers. The amount of food they are receiving is growing, but the number of people to organize all of the donations is NOT keeping up! To help or for questions, call **Julie Eisenberg** at 314-494-8437.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Ho'eir, which discreetly provides families in our community with Shabbos & Yom Tov meals. For information on how you can help, please call Jackie Oppenheimer at 997-6924, or Angela at 802-7710. Bring your non-perishables to our office or, for home pick-up, please call **Sally Needle**, 314-991-2575



Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Shemos January 2, 2016

"Hello, 911? My Facebook is out!"

"Hello, 911? My Facebook is out!" Sound preposterous? Police departments on both sides of the Atlantic Ocean recently tweeted out requests for residents to refrain from using emergency numbers to report Facebook outages. In San Francisco, a police dispatcher issued the following news notice: *"I just want to know if you can put a note out ,,, asking them to not call 911 when a website doesn't work? We have nothing to do with Facebook and when Facebook isn't working, it's not an emergency. Our lines are dedicated to handle life and death calls, and even though Facebook is important to a lot of people, it's not a matter of life and death when it stops working. One caller even called back to tell me I was being rude because I told her it wasn't a life threatening."*

The Houston Police Department tweeted after a pair of recent Facebook outages that police are unable to help with problems stemming from the social network being down. *"Folks please do not call the police because #facebookdown ,we are as upset as you are but we cannot fix Facebook. #sorry #wetried #techpolice,"* the tweet read. Meanwhile, England's Kingston Police tweeted a similar request to residents. *"Yes we can confirm Facebook is down, please don't call us! What a great opportunity to spend some time with your family... #FacebookDown."*

Towards the end of the Book of Numbers, the Torah relates a subtle but significant disagreement between Moses and some who had requested to settle on the east bank of the Jordan River. Several tribes seemed to indicate a greater concern for their livestock than for their children. Moses said to them (Bamidbar 32:24): "Build for yourselves cities for your young children and pens for your flock." Do not mix up your priorities. Your children come first, then your business affairs -- and then, Facebook.

Parshas Shemos Exodus 1:1 – 6:1

The book of Exodus begins by describing the gradually increasing enslavement of the Jewish people in Egypt. Pharaoh, fearing the population explosion of the Jews, initially hopes that backbreaking labor would stunt their rapid physical growth. When their birth rate continues to increase he orders the Jewish midwives to kill all baby boys. Moses is born, and when his mother is unable to keep him hidden from the Egyptian authorities any longer she places him in a basket and sends him down the Nile River. He is found by Pharaoh's daughter and raised in the royal palace, even though she realizes he is a Hebrew. She names him Moshe (Moses) meaning "drawn from the water." Years later as a grown man, Moses kills an Egyptian who he witnessed beating a Jew.

Moses flees to the land of Midian and marries Zipporah, the daughter of Jethro, and they have two sons. When Moses is shepherding his father-in-law's flock, he witnesses the "burning bush" on Chorev (Mt. Sinai) where G-d commands him to lead the Jewish people from Egypt to the land of Israel, which G-d promised to their ancestors. Initially reluctant, Moses is shown three miracles to perform before the Jewish people to prove he was sent by G-d: Changing his staff into a snake, his healthy hand into a leprous one, and water into blood. Moses, accompanied by his brother Aaron, encounters an obstinate Pharaoh. The Egyptian king not only refuses their request for a three-day respite to worship G-d, but declares that the Jews

must produce the same quota of bricks as before but without being given straw. The people complain to Moses and Aaron for making their situation worse, but G-d assures Moses that He will force Pharaoh to let the Hebrews leave.

Rabbinic Ruminations

The phrase “tears of joy” never made much sense to Yale psychologist Oriana Aragon. But after conducting a study of such seemingly incongruous expressions, she now understands better why people cry when they are happy; crying tears of joy may be the mind’s way of coping with overwhelming emotions. There are many examples of responding to a positive experience with a negative emotion. A crying spouse is reunited with a soldier returning from war. Teen girls scream at a Justin Bieber concert and so do soccer players as they score a winning goal. The baseball player who hits a winning home run is pounded at home plate by teammates. And when introduced to babies “too cute for words,” some can’t resist pinching their cheeks. Surely people don’t intend actual harm with these aggressive behaviors -- so why do they do it? Dr. Aragon and her colleagues at Yale designed several experiments to find out.

In the study, to be published in *Psychological Science*, people’s responses were tested to all sorts of scenarios, including cute babies. As part of the study, the researchers asked participants to look at and evaluate photos of different babies, some of whom appeared more infantile (i.e., rounder faces, bigger eyes) than others. Participants showed higher expressions of care for the more infantile babies, saying that they wanted to take care of them and protect them. But they also reported higher expressions of aggression in response to these babies, saying that they wanted to pinch the babies’ cheeks and “eat them up.” The data indicated that it was specifically this feeling of being overwhelmed by positive emotion that elicited the aggressive responses. People who showed higher expressions of aggression while looking at the babies tended to show a bigger drop-off in positive emotion five minutes after viewing the images, suggesting that the negative emotions helped them moderate their intense positive emotions, bringing them back to emotional equilibrium.

Many experiences can cause joy. In his poem *Desiderata*, Max Ehrmann wrote, "With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy." How? Examination of Torah sources show that living a life of integrity creates long-lasting happiness. Being righteous brings feelings of joy, as is stated in Psalms, *Light is sown for the righteous, and gladness (simcha) for the upright in heart (97:11)*

Quote of the Week

A real conversation always contains an invitation. You are inviting another person to reveal herself or himself to you, to tell you who they are or what they want.” –David Whyte (English poet)

Joke of the Week

A couple were in a mall during the busy holiday shopping season. Milt wandered off as his wife Sadie was standing in line, saying something about being back in a little bit.

After getting through the line, Milt wasn't back yet and since they still had more shopping to do, Sadie called him on his cell. She said, "Where are you?"

Milt said, "Honey, you remember the jewelers we went into about 10 years ago, and you fell in love with that diamond necklace? I couldn't afford it at the time and I said that one day I would get it for you?"

Tears started to flow down Sadie's cheeks and she got all choked up. "Yes, I do remember that shop," she replied.

"I'm in the sporting goods store next to that shop."

You can Sponsor the Shabbos Bulletin or Luncheon for any Simcha

Help make a Minyan!

You can make a difference by participating
in our daily Minyans!

Check the last page of this bulletin for times.

*The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, **NO LATER THAN 12:00 noon, please.** That will allow the time needed to make changes. The bulletin is printed **first thing** every Thursday morning.*

**Junior Congregation and Tot Shabbat
continues in 2016 with a monthly schedule!**

When You Need Rabbi Smason ~ When you or a loved one becomes ill, and is hospitalized, please have a family member or friend contact Rabbi Smason on his cell phone as soon as possible . . . 314-749-5271.
Mi Shebarach List ~ Prayers said for a *Refuah Shelayma* (Speedy Recovery) for your loved ones and friends. Please call 314-991-2100, ext. 2, by 10 a.m. Friday mornings to include the names on our list to be read on Shabbos.

MINYAN! IT'S GOOD FOR US & GOOD FOR YOU, TOO!!!

| <i>This Week At a Glance</i> | Shabbos Jan. 2 | Sunday Jan. 3 | Monday Jan. 4 | Tuesday Jan. 5 | Wed. Jan. 6 | Thurs. Jan. 7 | Friday Jan. 8 | Shabbos Jan. 9 |
|---|---------------------------|--------------------------|--------------------------|---------------------------|------------------------|--------------------------|--------------------------|---------------------------|
| Shacharis | 9:00 am | 8:00 am | 7:00 am | 7:00 am | 7:00 am | 7:00 am | 7:00 am | 9:00 am |
| Mincha/Ma'ariv | 4:15 pm | 4:35 pm | 4:35 pm | | | | 4:35 pm | 4:25 pm |
| Ma'ariv Only | | | | 6:45 pm | 6:45 pm | 6:45 pm | | |

NHBZ Event Planner

(Check **"Shul News . . ."** for time, date or location changes.)

Call the office, 314-991-2100, ext. 2, to confirm the date and time of any event.

All events will be at NHBZ unless otherwise noted.

WEEKLY at NHBZ

SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David
- in the Rivkin Chapel.
- Child Care (10:15 am – Noon) for kids 3 & under in the Children's Room.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (One hour before Mincha)

SUNDAY

- Mishna Learning (after Shacharis) with Rabbi Chanan Swidler.
- "Mystical Moments" with Rabbi Max Weiman. (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel.

MONDAY

- Mah Jongg (Mondays, 4-6:00 pm) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos.

BI-MONTHLY at NHBZ

- JUNIOR CONGREGATION & TOT SHABBAT ~ Dates to be announced each month.

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- Women's Home Study Group (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- Dine-In Pizza Night (Last Sunday) 5:00 – 7:00 pm Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30–4:45 pm.

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn